

Diabetes

FACTSHEET 1/2

What is Diabetes?

Diabetes is a lifelong health condition that causes an individual's blood sugar level to be too high.

Types of Diabetes

There are 2 types of Diabetes.

Type 1

This is where the body's autoimmune system attacks and destroys the cells that produce insulin.

Type 2

This is where the body doesn't produce enough insulin or the body's cells become resistant to insulin.

Type 2 Diabetes is the most common. In the UK, around 90% of all adults with diabetes have Type 2 (NHS website 2020).

There is also Pre-Diabetes. This is where your blood sugar level is above the normal range, putting you at higher risk of developing full-blown diabetes.



Symptoms of Diabetes

- Feeling very thirsty
- Urinating more often, particularly at night
- Feeling very tired
- Weight loss
- Itching in your private area
- Frequent episodes of thrush
- Cuts or wounds healing slowly
- Blurred vision



Diabetes

FACTSHEET 2/2

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Diabetes is a lifelong health condition that causes an individual's blood sugar level to be too high.

Causes of Diabetes

The amount of sugar in your blood is controlled by a hormone called insulin, which is produced by the pancreas.

When food is digested and enters the bloodstream, insulin moves glucose out of the blood and into cells, this is where it is broken down to produce energy.

If someone has diabetes, the body is unable to breakdown glucose into energy. The reason for this is either there isn't enough insulin to move the glucose or the insulin produced does not work properly.

Getting support & treatment

You should see your GP if you



experience the main symptoms of diabetes.

If you have diabetes, you should be attending regular diabetes check-up, a minimum of once a year, to check your blood pressure and cholesterol.

A healthy diet, regular exercise and a healthy bodyweight will help you manage your blood sugar levels.

If you would like further information or support, please visit our website or contact us.

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